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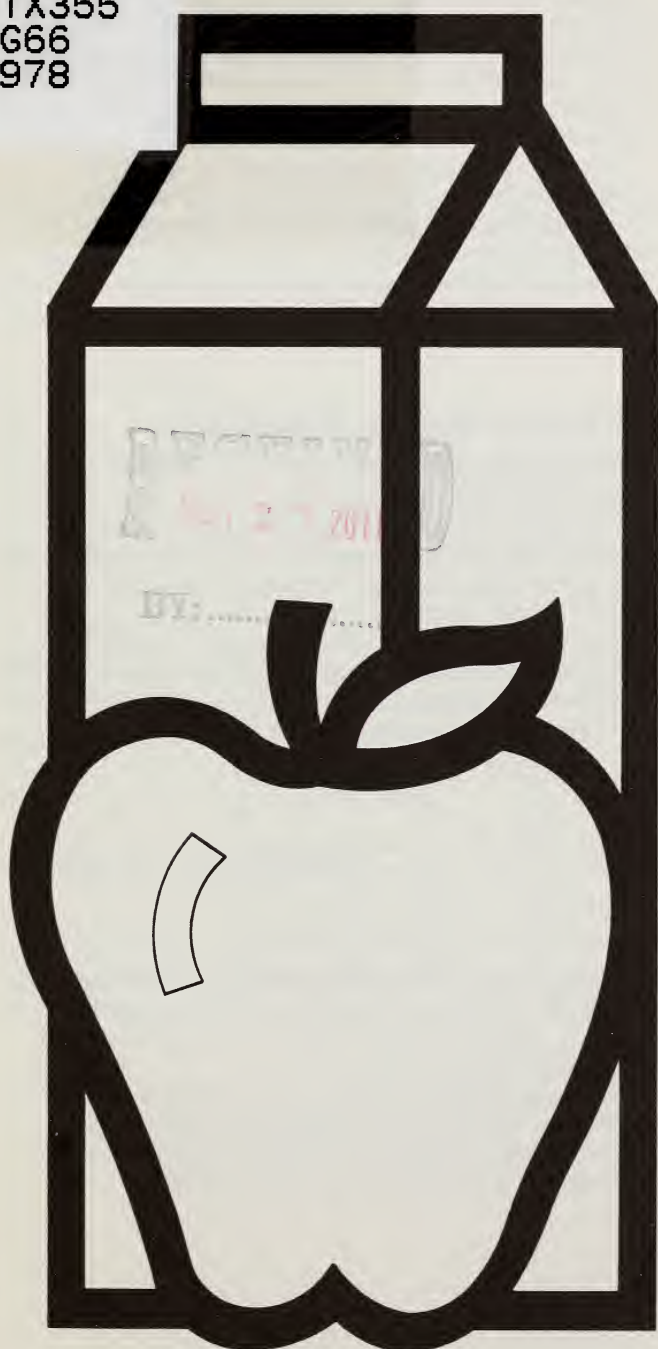


# Good Nutrition

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## Quik-Quiz

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UNITED STATES DEPARTMENT OF AGRICULTURE

## HOW TO USE THE BOOKLET

This booklet is adapted from a computerized quiz at the U.S. Department of Agriculture exhibit at the Museum of Science and Industry in Chicago, Illinois.

You can use the booklet to discover a series of interesting items about food and farms.

You will find 20 multiple choice questions in this subject matter category. There are four A-B-C-D answers to each question. One answer is correct. However, you will find some interesting comments about each of the A-B-C-D answers. The correct answer to each question is given in a key at the end of the booklet.

You can quiz and score yourself on what you already know simply by answering the multiple choice questions *before* you read any of the comments which follow the questions. Or you can score yourself on how well you can pick the correct answers *after* reading the comments.

## HOW TO SCORE YOURSELF

After each question you will see a line that says:

Rate your choice:                    

You can do that by putting the most likely of the A-B-C-D answers first, and the least likely last. Then rate the middle two. Your answers to a question might look like this: C A B D .

You can then score yourself easily. Check your answers with the key at the back. Let's say that "C" is the correct answer. Just look under the "C" in your answer and circle the 5 like this:

C	A	B	D
<u>    </u>	<u>    </u>	<u>    </u>	<u>    </u>
5	3	1	0

Now suppose the correct answer is "B". Look under your "B" answer and circle the 1 like this:

C	A	B	D
<u>    </u>	<u>    </u>	<u>    </u>	<u>    </u>
5	3	1	0

There is only one correct answer to each question. The three remaining answers are all wrong. Your score is based on how close you come to putting the correct answer first.

Now, go ahead and select your answers, and have some fun. Read the comments that accompany each possible answer, and you'll discover many interesting facts about food and farming.

1. WHEN THE FOODS WE EAT PROVIDE MORE ENERGY THAN WE NEED, WE:

- A. Tend to sweat a lot
- B. Gain weight
- C. Become overactive
- D. Become aggressive

Rank your choices:                                  
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

A. TEND TO SWEAT A LOT

Eating more food energy than you need will not in itself make you sweat—unless it's a hot day, of course. In fact, working up a little sweat after eating all that food energy is just what you may need.

B. GAIN WEIGHT

When the foods we eat provide more energy than we use, the extra energy is stored as body fat. If we furnish our body regularly with too much food energy, we gain weight. To lose weight we have to eat less energy than we use.

C. BECOME OVERACTIVE

Food gives the body energy. We need the energy for working, playing, breathing and heart beating. Eating more food energy than is needed does not make us skitter around like a loose rocket. It shows up in other ways.

D. BECOME AGGRESSIVE

Relax. An excess of food energy will not make you aggressive. Becoming aggressive may use up food energy, as does any activity from tennis to reading.

2. "CALORIES" IS A WORD OFTEN HEARD IN RELATION TO FOOD. WHAT DO CALORIES MEASURE?

- A. The quantity of food we eat
- B. The amount of body fat we have
- C. The units of energy in food
- D. The amount of nutrients in food

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

#### A. THE QUANTITY OF FOOD WE EAT

The amount of food you eat is measured by teaspoons, cups, slices, ounces, servings, pounds and such—maybe even by tons, if you add it up over a period of time.

#### B. THE AMOUNT OF BODY FAT WE HAVE

Calories do not measure your body fat. Your scales, tape measure and mirror do that. However, your body fat is related to how many calories you eat.

#### C. THE UNITS OF ENERGY IN FOOD

A calorie is the unit that measures the potential energy in food. We commonly use "calories" to refer to this food energy. We say "an apple has 70 calories" rather than "an apple has 70 units of food energy."

#### D. THE AMOUNT OF NUTRIENTS IN FOOD

Nutrients in food are usually measured by grams, milligrams or even a trace. Knowing the calories in a food will not tell you how many, or what, nutrients the food contains.

3. WHICH OF THE FOLLOWING WILL PROVIDE ALL THE NUTRIENTS YOU NEED IN A DAY?

- A. 3 servings of spinach plus an orange
- B. 3 glasses of whole milk
- C. 3 slices of bread plus a biscuit
- D. All of the above plus 2 chicken legs

Rank your choices:                                  
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

#### A. 3 SERVINGS OF SPINACH PLUS AN ORANGE

Fruits and vegetables supply many nutrients, but alone they will not provide all the nutrients you need daily. Eat 4 or more servings of fruits or vegetables each day. If you dislike spinach or oranges, try kohlrabi or persimmons.

#### B. 3 GLASSES OF WHOLE MILK

Milk has a lot going for it. It is full of good things that are good for you—calcium, for example. Everyone needs milk every day. But the last time you needed only milk in your diet, you were much too young to ask for a steak.

#### C. 3 SLICES OF BREAD PLUS A BISCUIT

Bread may be the staff of life, but it isn't the only thing you need in your diet. Many people, in trying to lose weight, avoid breads. That is too bad. They miss a lot of important nutrients—and a lot of eating pleasure.

#### D. ALL OF THE ABOVE PLUS 2 CHICKEN LEGS

There is no one food that provides all the nutrients in the amounts we need for good health. Meats, meat alternates, vegetables, fruits, breads, cereals, fats, milk—a variety of different kinds of foods are necessary.



4. IF YOU EAT A "WELL-BALANCED" DIET, YOU:

- A. Are good at eating from a tray
- B. Eat the right amount of protein
- C. Eat three meals a day
- D. Chew your food thoroughly

Rank your choices:                                  
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

A. ARE GOOD AT EATING FROM A TRAY

If you have trouble keeping food on the tray or the tray on your knee, clumsy is clumsy, no matter what the diet. But, a well-balanced diet will help you to have steadier nerves.

B. EAT THE RIGHT AMOUNT OF PROTEIN

Every day our bodies need six basic nutrients: proteins, fats, carbohydrates, minerals, vitamins and water. A "well-balanced diet" includes a well-balanced array of proteins, fats, carbohydrates, minerals, vitamins and water.

C. EAT THREE MEALS A DAY

Three meals a day is a good way to get a well-balanced diet. But it's *what* you eat when you eat that counts. If all you eat three times a day is apple pie, your diet is not balanced. Not even if you add ice cream.

D. CHEW YOUR FOOD THOROUGHLY

How you chew your food is important for digestion and swallowing. But chewing does not make a balanced diet. It's the food you choose to chew that does that.



5. YOU NEED TO EAT THE RIGHT AMOUNT OF PROTEIN. THIS IS BECAUSE PROTEIN:

- A. Keeps you from getting fat
- B. Tastes better than other nutrients
- C. Controls your body temperature
- D. Is what you are made of

Rank your choices:                                          
                                 1st   2nd   3rd   4th

Circle your score:        5        3        1        0

A. KEEPS YOU FROM GETTING FAT

Ounce for ounce, protein has about the same number of calories as do carbohydrates. Too many calories, no matter the source, adds body fat. But protein does much more than supply food energy.

B. TASTES BETTER THAN OTHER NUTRIENTS

In the U.S. we tend to eat more protein than we need. Actually, nutrients have no taste. The foods they come in do. Protein comes in many delicious foods. But then, so do the other nutrients.

C. CONTROLS YOUR BODY TEMPERATURE

Water helps to regulate body temperature. It's not only the cool water splashed on a hot body or a warm bath for a cold body. It's the water and other fluids in your body that control the temperature.

D. IS WHAT YOU ARE MADE OF

Protein is the working substance of every body cell. Look at yourself in the mirror. What you see is a package of water, protein, fats, minerals, vitamins and other things. Hair, eyes, skin, nails, even teeth contain protein.

6. MEATS, POULTRY, FISH, EGGS, CHEESE —ALL ARE PRIMARY SOURCES OF PROTEIN. BUT THERE ARE OTHER GOOD SOURCES, TOO. WHICH OF THE FOLLOWING IS A GOOD PROTEIN DISH?

- A. A dish of oatmeal with milk
- B. An apple, orange and prune salad
- C. A cupcake
- D. A serving of buttered cabbage

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

#### A. A DISH OF OATMEAL WITH MILK

You need not load up on meat, poultry, eggs and such to get enough protein in your diet. Combining cereal or vegetable foods with a little milk, cheese or other animal protein can also provide protein.

#### B. AN APPLE, ORANGE AND PRUNE SALAD

You would have hardly any protein in this salad. What you would get from it is vitamin C, vitamin A, some calcium, a little food energy and a colorful sweet, juicy, tasty, fruity salad.

#### C. A CUPCAKE

A 154-pound man needs about 56 grams of protein each day; a 128-pound woman, 46 grams. A cupcake will give you 1 gram of protein; with chocolate frosting, you get 2 grams.

#### D. A SERVING OF BUTTERED CABBAGE

Buttered cabbage is not a good protein source. But it should not be shunned because of that. Cabbage is a good source of vitamin C, a fair source of vitamin A. The butter adds more vitamin A and makes it all taste better.

7. EVERYONE SHOULD KNOW THAT VITAMINS ARE ESSENTIAL TO GOOD HEALTH. WOULD YOU SAY THAT:

- A. Vitamins give us energy
- B. Pills are the best vitamin sources
- C. Too much of a vitamin can be bad
- D. All foods have some of each vitamin

Rank your choices:                                        
                                 1st   2nd   3rd   4th

Circle your score:        5        3        1        0

A. VITAMINS GIVE US ENERGY

Vitamins do not give us energy, though they do help foods release energy. They also help calm nerves, clot blood, protect against infections, smooth skin, build bones and teeth, improve vision and do other worthwhile things.

B. PILLS ARE THE BEST VITAMIN SOURCES

Scientists know of more than a dozen vitamins essential for good health, all available in food. They suspect that food has even more vitamins, as yet undetected. A well-chosen diet is the best source of vitamins.

C. TOO MUCH OF A VITAMIN CAN BE BAD

It takes only minute amounts of vitamins to keep you healthy. Too much of a vitamin can be as harmful as too little. Excessive amount of vitamin A, for instance, may retard children's growth or cause damage to the liver and spleen.

D. ALL FOODS HAVE SOME OF EACH VITAMIN

Not all foods contain all the vitamins. A pork chop, a good source of B vitamins, especially thiamin, has little vitamin A and no vitamin C; kale has lots of vitamin A, some vitamin C and no B vitamins.

8. VITAMIN A HELPS KEEP SKIN HEALTHY AND RESISTANT TO INFECTION AND PROTECTS YOU FROM NIGHT BLINDNESS. ONE OF THE BEST SOURCES FOR VITAMIN A IS:

- A. Mushrooms
- B. Buttermilk
- C. Tangerines
- D. Liver

Rank your choices:                                            
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

#### A. MUSHROOMS

Mushroom lovers must look elsewhere for their vitamin A. Mushrooms have only a trace. In fact, mushrooms don't take any prizes for nutrition. They do have some of the B vitamins, but mostly they are just plain good to eat.

#### B. BUTTERMILK

A cup of buttermilk has about 10 units of vitamin A; not much when you know a woman needs about 800 units per day. Whole milk has about 350 units, but skim milk ranks with buttermilk, unless, of course, vitamin A is added.

#### C. TANGERINES

A tangerine supplies about half of the daily vitamin A needs of a woman and about a third for a man. This is a good source—every little bit helps. But tangerines don't hold a candle against an even better source.

#### D. LIVER

Liver is one of the vitamin A champs. A two-ounce serving of liver has more than 30,000 units of vitamin A. Since vitamin A is stored in the body to be used when needed, liver will stock you up for awhile.

9. VITAMIN C MEANS A LOT TO YOUR BODY. IT HELPS HOLD YOUR CELLS TOGETHER, PROMOTES HEALING AND FIGHTS INFECTIONS. ORANGES ARE FAMOUS FOR THEIR VITAMIN C. WHAT OTHER FOOD HAS EVEN MORE?

- A. Broccoli
- B. Dried beans
- C. Carrots
- D. Cheddar cheese

Rank your choices:                                        
                                 1st   2nd   3rd   4th

Circle your score:       5       3       1       0

#### A. BROCCOLI

We need 45 milligrams (mgs.) of vitamin C daily. A stalk of broccoli has 162 mgs. Oranges, with 124 mgs., are still full of vitamin C and should not be abandoned. Besides, many people prefer an orange to a stalk of broccoli for breakfast.

#### B. DRIED BEANS

Dried beans are an excellent source of good quality protein and iron. They flunk the vitamin C test.

#### C. CARROTS

Carrots are very short of vitamin C. With all the vitamin A in carrots, it may be there just isn't room for C. Raw strips of carrots make tasty, nutritious and low-calorie snacks, by the way.

#### D. CHEDDAR CHEESE

Cheddar cheese, in fact cheeses in general, contain no vitamin C. A supply of vitamin C must be eaten each day. Vitamin C, unlike some other vitamins, is not stored in the body but must be replenished daily.

10. EVERYONE KNOWS THAT IRON AND CALCIUM ARE IMPORTANT TO GOOD HEALTH. WHICH ONE OF THE FOLLOWING MINERALS IS NOT USEFUL TO OUR BODIES?

- A. Manganese
- B. Lead
- C. Copper
- D. Chloride

Rank your choices:                                              
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

### A. MANGANESE

Manganese is one of the essential micro-nutrients. "Micro" means small. An adult body contains the equivalent of 1/5 the weight of a paper clip of manganese. But without it, bones wouldn't develop normally and we couldn't store thiamin.

### B. LEAD

Lead, mercury, and other heavy metals are widely found in nature and thus in our food supply. They perform no known useful bodily function and at high enough levels are poisonous. Lead poisoning from old paint still occurs.

### C. COPPER

There are between 75 and 150 milligrams of copper in the normal adult body. (An ounce equals 28,000 milligrams.) Small as the amount is, copper is essential in the manufacture of hemoglobin and thus in the prevention of anemia.

### D. CHLORIDE

As minerals go, there is a substantial amount of chloride throughout our bodies. Chloride does a variety of jobs and is necessary to good health. The healthy person gets all the chloride he needs without even trying. Mostly it comes from table salt.



11. WE ALL NEED SEVERAL HELPINGS A DAY OF FRUITS AND VEGETABLES TO GET OUR NEEDED VITAMINS AND MINERALS. WHICH OF THESE IS NOT PART OF THE FRUIT-VEGETABLE GROUP OF FOODS?

- A. Celery
- B. Navy beans
- C. A banana
- D. Green peppers

Rank your choices:                                        
                                 1st   2nd   3rd   4th

Circle your score:     5       3       1       0

#### A. CELERY

Celery doesn't have many of the important vitamins other fruits and vegetables provide. But celery does contribute useful bulk to our diets and can offer a pleasant snack of few calories.

#### B. NAVY BEANS

Navy beans may belong to the plant kingdom as far as the botanist sees things. But to the nutritionist they are part of the meat group of foods. That is because beans and other legumes are valuable sources of protein.

#### C. A BANANA

The friendly banana has many of the vitamins and minerals, such as potassium. Though not nearly so well endowed with vitamin C as an orange, the banana helps fill out our daily requirement.

#### D. GREEN PEPPERS

A green pepper has much to offer in the way of useful nutrients. One whole pepper, as in a stuffed pepper, has about as much vitamin C to give us as a whole orange. It adds a modest amount of vitamin A to our stock, too.



12. BREADS AND CEREALS TOGETHER ARE ONE OF THE FOUR BASIC FOOD GROUPS. A WELL-BALANCED DIET HAS 4 OR MORE SERVINGS DAILY. WHICH OF THESE FOODS ISN'T PART OF THE BREAD-CEREAL FAMILY?

- A. Rice
- B. A pizza
- C. A cupcake
- D. A potato

Rank your choices:                                  
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

### A. RICE

Fortified or enriched rice gives you the same nutrients the other cereal products do. Breads and cereals provide B vitamins and iron in addition to carbohydrates. Follow cooking instructions carefully to retain the nutrients.

### B. A PIZZA

A pizza has many things, including a generous serving of the bread and cereal group of foods. With plenty of cheese and sausage and green peppers on top, a pizza has something from all four of the food groups.

### C. A CUPCAKE

A cupcake is a member of the bread-cereal food group. A plain cupcake would count as a serving and provide about the same mixture of nutrients as bread. Its added calories could make it a once-in-awhile treat

### D. A POTATO

A potato is many things, but it is not a bread or cereal. It belongs in the fruit and vegetable family. Potatoes can contribute a surprising amount of vitamin C to our diets, in addition to iron and carbohydrates.

13. MILK AND MOST OF THE FOODS THAT ARE MADE FROM IT ARE ONE OF THE BASIC FOUR FOOD GROUPS. EVERYONE, FROM GRANDCHILD TO GRANDPARENT, NEEDS SOME MILK FOOD EVERY DAY. WHICH OF THESE FOODS DOES NOT COUNT AS A MILK FOOD?

- A. Cottage cheese
- B. Evaporated milk
- C. Butter
- D. Nonfat dry milk

Rank your choices:                                              
                                 1st    2nd    3rd    4th

Circle your score:     5       3       1       0

#### A. COTTAGE CHEESE

Cottage cheese and most other cheese are hard working members of the milk group of foods. A serving of cottage cheese has only about a third the calcium in whole milk. But it is a good source of protein.

#### B. EVAPORATED MILK

Evaporated milk is simply milk that has about half of its water removed. When evaporated milk is mixed with an equal part of water, the nutrient content is similar to fresh milk. Condensed milk has sugar added to it.

#### C. BUTTER

Butter starts out as milk but the two foods quickly go their separate ways. The milk group is valued especially for its calcium, B vitamins, and protein. Butter has little or none of these nutrients. It does have vitamin A.

#### D. NONFAT DRY MILK

Nonfat milk does most of the job that whole fresh milk does, without the fat content. Nonfat milk is often fortified with vitamin A and vitamin D. It is an inexpensive source of the valuable food qualities of the milk group.

14. ONE OF THE BASIC FOUR FOOD GROUPS IS THE MEAT GROUP. NUTRITIONISTS SAY WE SHOULD EAT 2 OR MORE SERVINGS OF FOOD FROM THIS GROUP EVERY DAY FOR GOOD HEALTH. WHICH OF THESE FOODS IS NOT ONE OF THE MEAT GROUP?

- A. Hamburger
- B. Peanuts
- C. Fish
- D. Whole wheat bread

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

#### A. HAMBURGER

Hamburger and all the other kinds of beef in the market are certainly part of the meat group. And we like beef so much that we eat more of it than we do any other meat. A hamburger provides B vitamins, protein, and some iron.

#### B. PEANUTS

Peanuts, other nuts, and legumes such as dry peas or kidney beans are very useful parts of the meat group of foods. Even if vegetable protein is not the same as animal protein, it can do much of the same job in our bodies.

#### C. FISH

Fish is an excellent source of animal protein and sometimes a bargain in the local market. Some fish is low-fat. The fat is polyunsaturated. Sea-food gives us essential iodine, too.

#### D. WHOLE WHEAT BREAD

Whole wheat bread belongs in the bread and cereal group of foods. Even so, breads and other cereals do contain some protein. We eat so much of them that we get a fifth of our protein supplies from them.

15. FAT IS AN ESSENTIAL PART OF OUR DIETS. BUT TOO MUCH OF A GOOD THING IS TOO MUCH. SOME SOURCES OF FAT ARE OBVIOUS. SOME NOT. WHICH OF THESE FOODS CONTAINS THE LEAST AMOUNT OF FAT PER SERVING?
- A. Ground beef
  - B. Chicken
  - C. Salad oil
  - D. Low-fat milk

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

A. GROUND BEEF

Ground beef deserves its position as the nation's favorite food when it appears in a hamburger. But 3 ounces of broiled ground beef has about 17 grams of fat. That makes it the most generous source of fat on the list.

B. CHICKEN

In addition to being a versatile, economical source of protein, chicken is a weight watcher's delight. A 3-ounce serving of broiled white meat has only 3 grams of fat.

C. SALAD OIL

A tablespoon of most salad oils is worth 14 grams of fat, making it the second richest source on the list. If you are more generous with the oil when you toss the salad, the count mounts quickly.

D. LOW-FAT MILK

Fortified (with vitamins) low-fat milk is an excellent food, and relatively low in the amount of fat it provides, just as the name says.

16. FAT IS A USEFUL PART OF OUR DIETS, WITH A NUMBER OF IMPORTANT JOBS TO DO. WHICH IS THE ONE THING FATS WON'T DO FOR US?

- A. Provide us with B vitamins
- B. Supply lots of energy
- C. Keep us from feeling hungry
- D. Protect vital organs

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

#### A. PROVIDE US WITH B VITAMINS

Fats have many useful elements, including several important vitamins: A, D, E, and K, the so-called fat-soluble vitamins. But no "B's." Vitamins A and D can be stored in the body for later use.

#### B. SUPPLY LOTS OF ENERGY

One of the leading uses of fat is to provide a concentrated source of energy for our body. Fat contributes more than twice as many calories to our diets, ounce for ounce, as either protein or carbohydrate.

#### C. KEEP US FROM FEELING HUNGRY

A little fat in our food goes a long way to keep us from feeling hungry. Fat stays in the stomach longer than other foods, is digested slowly, and postpones the moment when we start feeling hungry all over again.

#### D. PROTECT VITAL ORGANS

Within reasonable limits, internal fatty deposits cushion various vital organs within our bodies. This cushioning helps protect the organs from jarring shocks and injury.

17. CARBOHYDRATE IS ONE OF THE BASIC NUTRIENTS IN THE FOOD WE EAT. WHICH OF THESE FOODS PROVIDES US WITH LITTLE OR NO CARBOHYDRATE?

- A. A soft drink
- B. Pork chops
- C. White bread
- D. An orange

Rank your choices:                                            
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

### A. A SOFT DRINK

A bottle of soft drink supplies you with plenty of carbohydrates, but little else. Carbohydrate is important in our diets, but other foods provide as much as soft drinks do, and give us other important nutrients as well.

### B. PORK CHOPS

Pork chops, like other meats, contain little or no sugar or starch, the forms in which we consume carbohydrates.

### C. WHITE BREAD

White bread is an excellent source of carbohydrates, So too are the other many forms of bread and cereals. Corn, wheat, rice, barley, rye, oats, and the foods made from them, have lots of starch, the main carbohydrate in grains.

### D. AN ORANGE

An orange is a versatile food. In addition to the vitamin C we all know it has, there is plenty of carbohydrate in the form of fructose, or fruit sugar. Most carbohydrate in fruit is sugar. In vegetables, it is starch.



18. THE SINGLE MOST IMPORTANT NUTRI-  
ENT IN OUR DIETS IS:

- A. Protein
- B. Vitamins
- C. Water
- D. Fat

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

A. PROTEIN

Protein is important to everyone. It is one of the most plentiful substances in our bodies. We cannot stay healthy for long without protein. But as a simple matter of life or death, another nutrient is more important.

B. VITAMINS

Vitamins are the tiny giants of our nutrient supply, doing a great deal of essential work though we need very small amounts of them. We can, however, survive for awhile without an adequate supply of vitamins.

C. WATER

Water is an important nutrient, all right. It is probably the most important element in our lives next to the air we breathe. You can get along for days, even weeks, without food, but for only a few days without water.

D. FAT

Fat is an important part of our diets. Fats provide energy and flavor. They are also sources of the essential vitamins A, D, E, and K. In the right amount, fat makes us more attractive.



19. SUGARS AND STARCHES, OTHERWISE KNOWN AS CARBOHYDRATES, ARE ONE OF THE FORMS OF THE FOOD WE EAT. WOULD YOU SAY THAT CARBOHYDRATES ARE GENERALLY:

- A. Useless calories
- B. Too expensive for what they provide
- C. Hard to find in ordinary food
- D. None of these

Rank your choices:                                        
                                 1st   2nd   3rd   4th

Circle your score:     5       3       1       0

#### A. USELESS CALORIES

The main job of carbohydrates is to provide us with energy as measured in calories. Energy is not only useful, it is essential to the body.

Nutritionists recommend we get about half our calories from carbohydrates.

#### B. TOO EXPENSIVE FOR WHAT THEY PROVIDE

Carbohydrates are usually cheaper sources of food energy than proteins or fats, the two other sources of food energy. People in poorer nations, in fact, often get 85 to 90 percent of their energy needs from carbohydrates.

#### C. HARD TO FIND IN ORDINARY FOOD

One or the other of such carbohydrate sources as rice, wheat, or corn are commonly available worldwide. They appear in such varied forms—from sliced bread to fried rice—they can add endless variety to every diet.

#### D. NONE OF THESE

Carbohydrates are useful, inexpensive, easy-to-find sources of the energy we need just to stay alive. Energy keeps our muscles moving, brains functioning, and bodies working at the even temperature required for health.

20. CALORIES MEASURE THE AMOUNT OF ENERGY IN YOUR FOOD SUPPLY. IF YOU CONSUME MORE ENERGY THAN YOU NEED, YOU GET FAT. HOW MUCH ENERGY WOULD YOU SAY THE AVERAGE 20 YEAR-OLD MAN NEEDS FOR A DAY?

- A. 1,800 calories
- B. 2,100 calories
- C. 2,400 calories
- D. 3,000 calories

Rank your choices:                                          
                                 1st    2nd    3rd    4th

Circle your score:        5        3        1        0

**A. 1,800 CALORIES**

1,800 calories is the average daily need for a woman over 51. Our energy requirements depend on age, sex, weight, and physical activity. The older woman needs less energy, but she needs the same variety of nutrients she did at age 15.

**B. 2,100 CALORIES**

2,100 calories is just right for age 20, but for a woman, not a man. Body weight has something to do with the difference. Our inner chemistry has even more. A pregnant woman or a woman nursing a child need added energy.

**C. 2,400 CALORIES**

2,400 calories would keep the average 51-year-old man at his right weight. At 3,000 calories a day he would have more than his share of middle-age spread. The difference is about equal to one serving of pie a la mode.

**D. 3,000 CALORIES**

From age of 15 to 22, the typical male burns up more energy than anyone, or more than he uses at any other time in his life. Eating so much, young men often eat well. They could benefit from more fruits and vegetables though.

## **CORRECT ANSWERS GOOD NUTRITION**

- |      |       |       |       |
|------|-------|-------|-------|
| 1. B | 6. A  | 11. B | 16. A |
| 2. C | 7. C  | 12. D | 17. B |
| 3. D | 8. D  | 13. C | 18. C |
| 4. B | 9. A  | 14. D | 19. D |
| 5. D | 10. B | 15. B | 20. D |

## **U.S. DEPARTMENT OF AGRICULTURE EXHIBIT**

If you would like to take a similar quiz at the U.S. Department of Agriculture exhibit at the Museum of Science and Industry in Chicago, the quiz will be there throughout 1978. The Museum, at 57th Street and Lake Shore Drive, which houses a fabulous collection of educational exhibits, is open every day of the year except Christmas.

More than four million people visit the Museum each year, spending an average of 3½ hours each with the various exhibits.

The U.S. Department of Agriculture exhibit, which will be at the Museum permanently, is built around the theme, "Your Five Acres." It shows that the nation now has an average of five acres of farmland per person, down from eleven acres a number of years ago. The average will become even less than five acres as population grows. What that means to you is depicted graphically in the exhibit.

A fast-paced TV-type show on a huge panel called "You Bet Your Crop," in which a slick quizmaster interviews a farmer about his business, is one of the highlights of all the Museum exhibits.

You can also get an interesting booklet about the facts in the exhibit, entitled "The Secret of Affluence." Either ask for it at the Museum front office or write, Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250.

## **WANT OTHER PUBLICATIONS?**

### **QUIK-QUIZ BOOKLETS**

This quiz on GOOD NUTRITION is one of several QUIK-QUIZ question-and-answer leaflets. Check any of the following which you may want free while they last (single copies only):

How to cook	_____
What food costs	_____
Good nutrition	_____
Foods for overseas	_____
Facts about farm crops	_____

*Continued on back page*

Facts about farm animals	_____
Your best environment	_____
Facts about world hunger	_____
Business of farming	_____
School lunches and food stamps	_____

**OTHER PUBLICATIONS:**

Want to know more about good nutrition? Single copies of the following leaflets are available free while supplies last:

Nutrition: Food at Work for You .....\_\_\_\_\_

The basics of good nutrition, including a Daily Food Guide, buying tips, and meal planning.

Food Guide for Older Folks .....\_\_\_\_\_

Nutrition information, suggested menus, recipes, cooking shortcuts, and buying tips for older persons.

Nutritive Value of Foods .....\_\_\_\_\_

Lists the nutrients in more than 700 common foods. Shows the Recommended Daily Dietary Allowances (RDA's).

Food for Fitness .....\_\_\_\_\_

A handy daily food guide to good nutrition.

Food Is More Than Just Something To Eat ...\_\_\_\_\_

Basic nutrition information which shows that good nutrition does not have to be dull.

Good Food News for Kids .....\_\_\_\_\_

Four leaflets that explain good nutrition and food economics through games, activities, and text to elementary school age children.

The Thing The Professor Forgot .....\_\_\_\_\_

Coloring book with rhyming verse teaches good nutrition and eating habits to young children (and parents). To be read to pre-schoolers.

Send single copies of the leaflets marked above to (please print):

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